



## **A MINUTE OF HEALTH WITH CDC**

### *Living with Pain*

*Prevalence of Chronic Pain and High-Impact Chronic Pain Among Adults —  
United States, 2016*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Occasional aches and pains are an expected part of life, but for many people, pain is constant. One in five U.S. adults live with chronic pain. As a result, they're more likely to experience limitations in mobility and daily activities, depend on medications, be anxious or depressed, and in general, have a reduced quality of life. Chronic pain occurs at all ages but is more common among middle age and older adults.

If you're experiencing daily pain, talk with your health care provider to ensure you have the correct diagnosis and know how to manage your condition. The goal of treatment is not to be pain free but to take the necessary steps to live with a manageable level of pain.

Thank you for joining us on *A Minute of Health with CDC*.

*[Announcer] For the most accurate health information, visit [cdc.gov](http://cdc.gov) or call 1-800-CDC-INFO.*